

SPRING 2019 UPDATE



www.seattle.gov/parks/teens/o2
www.facebook.com/O2ProgramSeattle



Service hours, stipend work, workshops & weekend trips galore!

Given our wild winter, I'm sure everyone is ready for some warmer weather! Just as a notice for veteran students, there are some changes to our schedule. Please pay extra attention to the due dates for the summer stipend jobs, the float tests and last but not least the River Rafting Trip. Now back to the wildly exciting details of this years springs calendar!

Interested in learning about another manmade structure that flies? How do you think a 175,000 lbs. plane can manage to get off the ground? We will learn all of this at the Museum of Flight. Or maybe you want to join in O2's own Amazing Race Event and test your navigation and puzzle solving skills. Come attend Camp Longs events this spring for these fun activities and more! Not convinced yet? Maybe you are more interested in seeing lions, tigers and bears (oh my!) then join us for our trip to Northwest TREK. Not a fan of carnivorous creatures? What about getting some Instagram worthy photos at the UW Cherry Blossom walk? These are just two examples of what's in store at our Southwest events.

In addition to our site specific locations, we have a number of awesome joint events happening this spring. Want to embrace your competitive side? Join us for an evening with the Seattle Cascades Ultimate Frisbee team as we compete against one another in a pick-up game. Not interested in being a participant? We have something for you too. Come with us and sit back and watch some baseball as the Mariners compete against the Chicago Cubbies. Lastly, this spring, we are heading to Mt. Rainier for the weekend on a joint trip to soak up the sun in the mountains & go on one more snowshoe adventure before summer! Keep reading through our calendar to find out more about all the events happening this spring!

We are so excited to see you at our upcoming events! Sign up now for our next adventure!

~ Bob, Hannah, Adama & Rachel ~

Camp Long Contacts

Bob Warner | 206-760-3839

Robert.warner@seattle.gov

Hannah Narramore | 206-423-3460

Hannah.narramore@seattle.gov

South West Teen Life Center Contacts

Rachel Larson | 206-423-1501

Rachel.larson@seattle.gov

Adama Seck | 206-390-1018

Adama.seck@seattle.gov

Table of Contents

Calendar Events pages 2-4

Camp Long Workshops pages 5-6

Southwest Workshops pages 7-8

Overnight and Day Trips page 9-10

Service Learning Projects page 11

Student of the Season page 12

Pick up Location Map page 13

Equipment List page 14

Summer Stipend Information & Application page 15-16

Float Test Information page 17

Waivers pages 18-28

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Vertical Generations	2	3 <i>Camp Long</i> Low Challenge <i>Southwest</i> Amazing Race Pages 5,7	4	5	6
7	8 Spring Break No Classes Vertical Generations	9	10 Spring Break <i>Camp Long</i> Survivor <i>Southwest</i> Northwest TREK Pages 5, 7	11	12 <i>SW Overnight</i> Desserts in the Desert Page 9	13 <i>SW Overnight</i> Desserts in the Desert Page 9
14 <i>SW Overnight</i> Desserts in the Desert Page 9	15 Return from Spring Break Vertical Generations	16	17 <i>Camp Long</i> Environmental- ism <i>Southwest</i> Day of Reptiles Pages 5, 7	18	19 Hannah's Birthday	20 <i>Joint Service Project</i> Earth Day Service Project Page 10
21	22 Vertical Generations	23	24 <i>Joint</i> Mt. Challenger Pages 5,7	25	26	27 <i>CL Overnight</i> Flower Power Page 9
28 <i>CL Overnight</i> Flower Power Page 9	29 Vertical Generations	30				

Wednesday pick-ups: 3:00 —3:45pm

Wednesday drop-off: by 7:30pm

Weekend trip pick-ups: 9:00 —9:45am

Weekend trip drop-off: by 7:30pm

Text or call to sign up for events!

Hannah (Camp Long) | 206-423-3460

Rachel (Southwest) | 206-423-1501

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Joint</i> Mariners Game Pages 5, 7	2	3	4
5	6 Vertical Generations	7	8 <i>Camp Long</i> Oceans and Atmosphere <i>Southwest UW Arboretum</i> Pages 6, 8	9	10	11
12	13 Vertical Generations	14	15 <i>Joint</i> Ultimate Game Day Pages 6, 8	16	17 <i>Joint Overnight</i> Mt. Rainier Page 9	18 <i>Joint Overnight</i> Mt. Rainier Page 9
19 <i>Joint Overnight</i> Mt. Rainier	20 Vertical Generations	21	22 <i>Joint</i> Falconeering Pages 6, 8	23	24	25 <i>Joint Service Project</i> PAWS Service Project Page 10
26	27 Memorial Day No classes Vertical Generations	28	29 <i>Camp Long</i> Museum of Flight <i>Southwest Puget Sound Keepers</i> Pages 6, 8	30	31	

Wednesday pick-ups: 3:00 —3:45pm

Wednesday drop-off: by 7:30pm

Weekend trip pick-ups: 9:00 —9:45am

Weekend trip drop-off: by 7:30pm

Text or call to sign up for events!

Hannah (Camp Long) | 206-423-3460

Rachel (Southwest) | 206-423-1501

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Vertical Generations UW Visit
2	3	4	5 Joint Electric Boat Tour Pages 6, 8	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27 Last Day of School!	28	29
30	1	2	3	4	5	6
Rachel's Birthday	*July Calendar*					
	RB & Garfield Float Tests Page 18	SWTLC Float Tests Page 18	Summer Kick Off Page 10		Joint Day Trip River Rafting Page 10	
Wednesday pick-ups: 3:00 —3:45pm Wednesday drop-off: by 7:30pm Weekend trip pick-ups: 9:00 —9:45am Weekend trip drop-off: by 7:30pm			Text or call to sign up for events! Hannah (Camp Long) 206-423-3460 Rachel (Southwest) 206-423-1501			

CAMP LONG WORKSHOPS

Pick-ups and Drop-offs:

Look for the White Parks & Rec van at:

Camp Long — 3:00pm

Jefferson Community Center — 3:15pm

Garfield Community Center — 3:30pm

Return to community centers by 7:30pm

Wednesday, 3rd of April—*Low Challenge*

On the low challenge course, you will play on elements that occur either at ground level or less than 12 feet off the ground. Challenges include swinging to platforms, walking on logs or wires, and learning to spot team members while on elements. Come have some fun and test your abilities! Take the first steps to getting up in the High Ropes course!!!

Wednesday, 10th of April—*Survivor- Camp Long Edition*

Learn outdoor survival skills and put them to the test at Camp Long. We are creating our own version of Survivor right at home. It will be a combination of Survivor, the challenge course here at Camp Long, and outdoor skills we learn at O2. Get ready for a full day of challenges that test your physical and intellectual abilities! **This will be an all day event—pick ups: Garfield 9am, Jefferson 9:15am, Camp Long 9:30am. Back to drop offs by 6pm**

Wednesday, 17th of April—*Environmentalism— Shapes and Forms*

What do the many shapes and forms of environmentalism look like? What can you do to make a difference? Come check out the different faces of environmentalism: from activism, to lobbying congress, conducting science, to dedicating a career path to personal and professional life-choices.

Wednesday, 24th of April— *Mt. Challenger-Joint Event*

We will be on Mt. Challenger on this day. It consists of the Vertical Playpen- a team climbing through tires and obstacles with participant belayers. We will also be on a Trapeze Jump/Power Pole for personal goal setting. On this day, we will be high in the sky, playing on ropes, tires, and more. Come be an acrobat, or an awkward potato- it will be fun no matter your skill level!

Waiver Needed see pg 25

Wednesday, 1st of May—*Mariners Game*

Each year the O2 program gathers all our Mariner's fan-gear and cheers on the local team. Please join us for another afternoon and early evening of baseball fun! Space is limited so please call / text Hannah or Rachel to reserve your spot! **Please note, we will likely return later based on the game. Pick up times are same.**



CAMP LONG WORKSHOPS

Pick-ups and Drop-offs:

Look for the White Parks & Rec van at:

Camp Long — 3:00pm

Jefferson Community Center — 3:15pm

Garfield Community Center — 3:30pm

Return to community centers by 7:30pm

Wednesday, 8th of May—*Ocean Science and Atmosphere —Jobs and Field Trip*

Did you know that the atmosphere and oceans are nearly connected as one ecological system? Atmospheric and ocean science has been on the cutting edge of modern science. Join us for a tour of the National Oceanic and Atmospheric Association (NOAA). We will get a first-hand view of this innovative workplace and speak with staff about their positions and employment options.

Wednesday, 15th of May —*Ultimate—Joint Event*

As one of the newest sports developed in the USA, Ultimate Frisbee has developed in popularity here in Seattle. Now's your chance to learn from the experts. The professional team here in Seattle, the Cascades, players will be joining us to help us work on our throws. Then it'll be our chance to test out our new found skills in a pick up game! With help from our professional teammates it's sure to be a blast. All skills and abilities are welcome to this event!

Wednesday, 22nd of May—*Falconeering—Joint Event*

Falconeering is an ancient bird of prey training tradition that still carries on today. Come see some magnificent birds of prey up-close, how they are trained, and actual demonstrations. This is a rare event and should not be missed!

Wednesday, 29th of May —*Museum of Flight*

You will be put to the test as pilots, flying planes in a simulator. You will learn how planes work and then use that knowledge to fly a plane in a simulator. After having some fun playing with planes, we will be led on a private tour of the museum!

Wednesday, July 5th— *Electric Boat Ride—Joint Event*

With the summer season before us, it time to get on the water and enjoy the amazing weather and nature beauty of Seattle. The electric boat joint event will head into Lake Union and learn boating basics while enjoying a sunset picnic in our amazing city. A float test is not necessary to attend this event or take the boat ride.



Pick-ups and Drop-offs:

Look for the Parks & Rec van at:

Southwest Teen Life Center — 3:00pm

Rainier Beach Community Center — 3:30pm

Rainier Community Center — 3:45pm

Return to community centers by 7:30pm

Wednesday, 3rd of April- *Amazing Race*

The O2 program will organize our own interactive and fun version of the Amazing Race! We will work in teams to solve problems, puzzles and challenges, and make it to the grand finale! The winning team will walk with a grand prize! This will be great fun!! See you all there!

Waiver Needed see pg 25

Wednesday, 10th of April— *NW TREK*

O2 takes a trek! We'll tram tour a with elk, bison, cougar, bears, wolves and more! This is your chance to get up close experience with some of Washington's largest predators and maybe even learn a thing or two about these massive creatures. We're headed to Northwest Trek Wildlife park for the day! ***Altered Pick up times — SWTLC @ 9:45am, RBCC @ 10:15, RCC @ 10:30***

Wednesday, 17th of April— *Day of Reptiles*

SNAKE!!! Watch out! Oh no, a bearded dragon! There are a Gecko in my shirt! Come hang with the most interesting reptiles around as O2 learns about the diet, anatomy, and abilities of Reptiles!

Wednesday, 24th of April— *Mt. Challenger-Joint Event*

We will be on Mt. Challenger on this day. It consists of the Vertical Playpen- a team climbing through tires and obstacles with participant belayers. We will also be on a Trapeze Jump/Power Pole for personal goal setting. On this day, we will be high in the sky, playing on ropes, tires, and more. Come be an acrobat, or an awkward potato- it will be fun no matter your skill level!

Waiver Needed see pg 25

Wednesday, 1st of May—

Mariners Game

Each year the O2 program gathers all our Mariner's fan-gear and cheers on the local team. Please join us for another afternoon and early evening of baseball fun! Space is 'limited so please call / text Hannah or Rachel to reserve your spot! **Pick up times are same. Please note, we will likely return later based on the game.**



Pick-ups and Drop-offs:

Southwest Teen Life Center — 3:00pm

Look for the Parks & Rec van at:

Rainier Beach Community Center — 3:30pm

Rainier Community Center — 3:45pm

Return to community centers by 7:30pm

Wednesday, 8th of May— *UW Arboretum*

As the saying goes, April showers bring May flowers! Now's a perfect chance to head up to UW for that picture perfect photo of the cherry blossoms in full bloom. Come join us for a picnic in the park with something for everyone whether you are in it for the Instagram photo, want to join in to play yard games, go on a photo scavenger hunt or all of the above. We will be getting outside and enjoying the spring weather.

Wednesday, 15th of May —*Ultimate- Joint Event*

As one of the newest sports developed in the USA, Ultimate Frisbee has developed in popularity here in Seattle. Now's your chance to learn from the experts. The professional team here in Seattle, the Cascades, players will be joining us to help us work on our throws. Then it'll be our chance to test out our new found skills in a pick up game SW vs CL! With help from our professional teammates it's sure to be a blast. All skills and abilities are welcome to this event!

Wednesday, 22nd of May —*Falconeering—Joint Event*

Falconeering is an ancient bird of prey training tradition that still carries on today. Come see some magnificent birds of prey up-close, how they are trained, and actual demonstrations. This is a rare event and should not be missed!

Wednesday, 29th of May —*Puget Sound Keepers*

Puget Sound Keeper Alliance protects and preserves the waters of Puget Sound through monitoring and enforcement, policy and civic engagement and education. O2 will be Spending an evening with the heroes of the Sound and learning ways to save it. Grab your super suits its time to be a hero!

Wednesday, July 5th— *Electric Boat Ride—Joint Event*

With the summer season before us, it time to get on the water and enjoy the amazing weather and nature beauty of Seattle. The electric boat joint event will head into Lake Union and learn boating basics while enjoying a sunset picnic in our amazing city. A float test is not necessary to attend this event or take the boat ride.

OVERNIGHTS & DAY TRIPS

Pick-ups and Drop-offs for Overnight Trips:

<p>Southwest students:</p> <p>Southwest Teen Life Center: 9:00am</p> <p>Rainier Beach Community Center: 9:30am</p> <p>Rainier Community Center: 9:45am</p> <p>Return to SWTLC, RBCC, RCC — by 8pm</p>	<p>Camp Long Students</p> <p>Garfield Community Center: 9:00am</p> <p>Jefferson Community Center: 9:15am</p> <p>Camp Long: 9:30am</p> <p>Return to GCC, JCC, CL— by 8pm</p>
---	---

Southwest Trip:

Friday– Sunday 12th-14th of April— *Desserts in the Desert*

Have you been missing those summer O2 s'mores or just ready for some warm weather? We will be taking 2019's first camping trip of the year just over the Cascades. Thanks to the Cascade Mountain Range our venture over to Eastern Washington we will enjoy the feeling of sunshine and summer time on the Columbia River. We will be taking adVantage of the beautiful scenery around the area hiking during the day and cooking out under the stars at night. So if you are interested please contact Rachel today!

Camp Long Trips:

Saturday-Sunday 27—28th of April—*Flower Power*

Come be groovy with us at the Tulip Festival in Mount Vernon. Wear your bellbottoms, fringe and tie-dye as we frolic in fields of tulips. We will be staying in cabins at Deception Pass State Park for the weekend. ~Far out man.~

Joint Trips:

Friday-Sunday 17th-19th of May— *Mt. Rainier*

On sunny days in the city we look across at this beautiful mountain now's your opportunity to get to the top of the mountain and look across the Puget Sound above Seattle. We will be venturing up the mountain for a two night three day joint trip to get one last snow venture in before summer time. Join us for snowshoeing and hot cocoa around the cabin fire!



Pick-ups and Drop-offs for Overnight Trips:

Southwest students:	Camp Long Students
Southwest Teen Life Center: 9:00am	Garfield Community Center: 9:00am
Rainier Beach Community Center: 9:30am	Jefferson Community Center: 9:15am
Rainier Community Center: 9:45am	Camp Long: 9:30am
Return to SWTLC, RBCC, RCC by 8pm	Return to GCC, JCC, CL— by 8pm

Joint Day Trips*

Wednesday 3rd of July— *Summer Kick-off*

What better way to start out summer then a cookout! This will also be an opportunity to see the newly-released summer calendar, sign up for events, eat yummy food, play beach games and hang out with old and new friends.

***Please note that we will be making later pick-ups—Camp Long—10am Garfield, 10:15am Jefferson, 10:30am Camp Long**

Southwest—10am Southwest, 10:30am RBCC, 10:45am RCC

The event will be done by 3:00pm and return to the pick up locations

Friday 5th of July —*River Rafting*

River rafting is one of O2's most popular events of the entire year and a great way of kicking off the summer season! Come out for a full day of rafting in the Leavenworth area. Please make sure to bring the Orion waiver signed (pg. 19-20) on the day of the event. You must also have a float test (pg.17) on file in order to participate in the event.

Waiver Needed see pg 19 & 20



Pick-ups and Drop-offs for Service Projects

Look for the white Parks & Rec van at:

Camp Long — 9:00am

Jefferson Community Center — 9:15am

Garfield Community Center — 9:30am

Return to community centers — 7:30pm

Look for the white Parks & Rec van at:

Southwest Teen Life Center — 9:00am

Rainier Beach Community Center — 9:30am

Rainier Community Center — 9:45am

Return to community centers — 7:30pm

Saturday, 20th of April— *Earth Day*

While this exact day isn't earth day, we will still be celebrating it as we work with Earth Corps! We will be at our very own Camp Long, working to make our space more beautiful. We will have a full day of fixing up the trails that run through the park at Camp Long.

Waiver Needed see Pg. 23

Saturday, 25th of May— *PAWS*

Lend a hand to wildlife and adoptable animals— all while earning the service hours you need to graduate! The Progressive Animal Welfare Society (PAWS) is an animal shelter and wildlife rehabilitation facility that aims to promote compassion and respect for all animal life. During this service project O2 participants will aid PAWS in their mission by helping to provide safe spaces, healthy nutrition, and everyday care for animals in need.

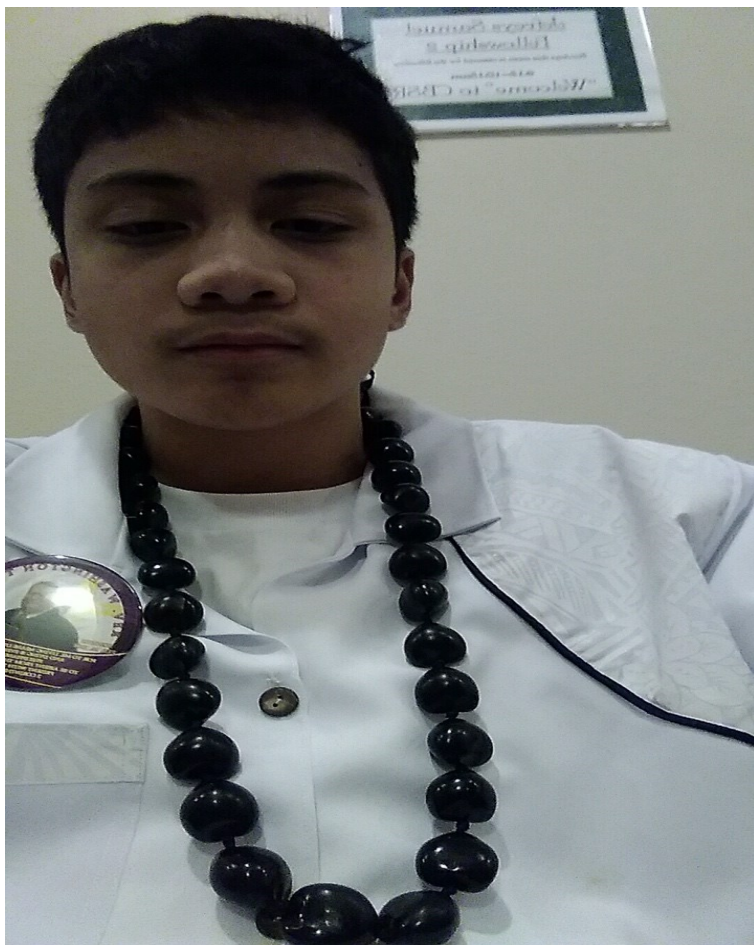


Southwest Student of the Season

This Rainier Beach HS student, Ryan Tasi, has been with O2 for multiple seasons and has been a bank role of positivity and determination of will. Ryan's family is from Western Samoa and has shared his love for his culture with his O2 family. What he likes most about the O2 program is "The outta state/Seattle trips and the people you can meet ."

Ryan has exemplified great leadership and encouraged others to be themselves and bring their unique spirits to O2 just as he does! From workshops, weekend trips to service projects he has embodied all that O2 treasures about our students.

It's been an absolute pleasure having Ryan as part of O2!



Camp Long Student of the Season

We are pleased to announce our beloved Elaine Miranda Salcedo as the spring 2019 O2 Student of the Season! Even though Elaine has participated in countless Camp Long and Southwest events, we will proudly take credit for her!!

Elaine has been an active participant in our program for years, recruited many of her friends, and added many wonderful ideas that have become O2 events throughout the years. We know that Elaine will be graduating this school year, and wish her the very best in college and beyond! We will miss you!!



1. Camp Long Environmental

Learning Center

5200 35th Ave. SW, Seattle, WA

(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: In the front of the lodge at the front door.

2. Jefferson Community Center

3801 Beacon Ave. S, Seattle, WA

(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Parking lot of the community center near entrance

3. Garfield Community Center

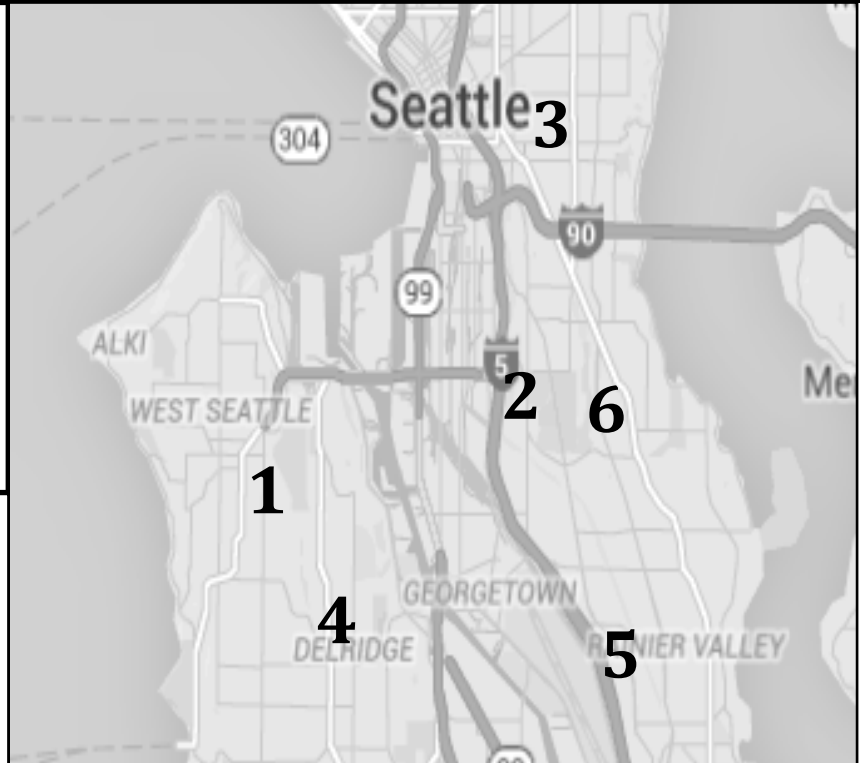
323 E Cherry St, Seattle, WA

(206) 684-4788

Bus Line(s): 3, 4, 48

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Community center parking lot on East Cherry St.



4. Southwest Teen Life Center

2801 SW Thistle St, Seattle, W

(206) 684-7438

Bus Line (s): 21, 22, 60, 125, C Line

Directions: The teen center is located on SW Thistle St and 28th Avenue SW, across the street from Chief Sealth High School.

Meeting Location: The parking lot in front of SWTLC.

5. Rainier Beach Community Center

8825 Rainier Ave S, Seattle, WA

(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson

Meeting Location: Parking lot in front of the community center facing Cloverdale St.

6. Rainier Community Center

4600 38th Ave. S, Seattle, WA

(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier

and Alaska: Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: The parking lot of the community center.

Winter 2019 Equipment Lists

Make sure you show up to your events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Any **items with an asterisk*** can be provided by O2 if you need them!

Overnight Trips

- ♦ Water bottle *
- ♦ Comfortable closed-toe walking shoes *
- ♦ Heavy jacket *
- ♦ Waterproof jacket *
- ♦ Wool or fleece sweater *
- ♦ Warm layers
- ♦ Gloves *
- ♦ Warm hat *
- ♦ Warm socks (synthetic or wool)*
- ♦ 1 pair of pants
- ♦ 2 shirts
- ♦ Bandana
- ♦ 1 small towel
- ♦ 1 wash cloth
- ♦ Flashlight (extra batteries) *
- ♦ Toiletries: soap (Ivory, if possible), tooth paste, toothbrush, comb, brush, feminine hygiene products if necessary
- ♦ Medications (if needed)
- ♦ Allergy medicine (if needed)
- ♦ Travel size pillow
- ♦ Sunscreen *
- ♦ Sunglasses
- ♦ Lip balm
- ♦ Camera (optional)

Day Trips

- ♦ Comfortable closed-toed walking shoes *
- ♦ Waterproof jacket *
- ♦ Warm layers *
- ♦ Towel
- ♦ Sunscreen
- ♦ Sunglasses
- ♦ Medications (if needed)
- ♦ Camera (optional)
- ♦ Snacks (optional)

Earn Money with O2 this Summer!

SUMMER STIPEND POSITIONS

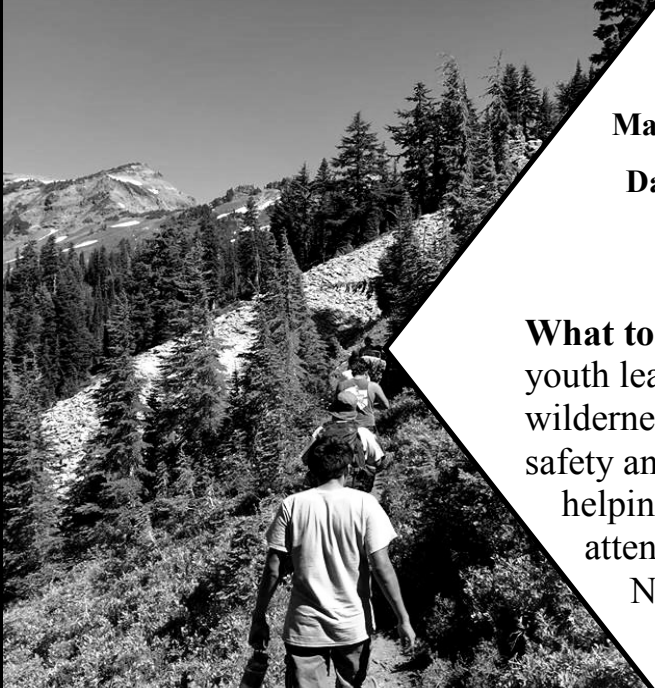


Trail Crew

Dates: Sunday July 8—Friday July 12, 2019

What to Expect: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long days maintaining and building trails, and camping out with limited shower access. Take advantage of this opportunity to build muscles, get dirty, and earn some money!

\$378.80



Hiking Program

Mandatory Training: Monday, July 15th: 9am-4pm

Dates: Thursdays: July 18th, 25th,

August 1st, & August 8th

Meeting Sites—TBD.

What to Expect: Lead trips for community center youth learning how to hike and navigate through wilderness. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get the full stipend, you need to attend the training day and 3 out of the hike dates. No hiking experience necessary!

\$150

Apply!

To sign up, fill out the application on the following page, and turn it in
by May 29, 2019 by 5:00pm

Email or Hand Deliver: Camp Long ELC, 5200 35th Ave SW, Seattle, WA 98126

Attn: Hannah Narramore or hannah.narramore@seattle.gov

In order to be eligible for a summer stipend position you must complete this application and email or deliver it to:

Camp Long ELC, 5200 35th Ave SW, Seattle, WA 98126, Attn: Hannah Narramore.

hannah.narramore@seattle.gov

Hannah will need to have this application in her possession by **May 29, 2019 by 5:00pm**

Late applications will not be accepted.

O2 Summer Stipend Opportunity Application

Name: _____

Address: _____

Phone numbers: _____

Email: _____

Please rank your stipend preference using 1, 2 in the spaces below (1 being your first choice).

Preference: Hiking _____ Trail Crew _____

Please complete the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?

(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?

(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?



Float Tests



Seattle
Parks & Recreation

If you want to participate in any O2 event that takes place on the water, you need to pass a city approved float test. A float test is when you prove to a lifeguard that you can tread water while wearing long pants and a long sleeved shirt for 10 minutes and put on a lifejacket.

You do not need to be a good swimmer to pass the test.

Standard Float Test

- To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minute, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.
- A Standard Float test is good for three years and allows you to do any O2 aquatic event.

O2 Spring 2019 Float Tests

Monday July 1st

Rainier Beach pool

Times—2:30pm– 4pm

Monday July 1st

Medgars Evers pool

Times—2:30pm– 4pm

Tuesday July 2nd

Southwest Community Center pool

Times—2:30pm– 4pm

++NOTE Please meet directly at the pools and make transportation arrangements from the pools

If you are taking a Float Test on your own

Call the pool nearest you to see when you can take the test!

You can ONLY take a float test at the following Seattle Parks and Recreation city pools:

Ballard Pool (684-4094)	Queen Anne Pool (386-4282)
Evans Pool at Green Lake (684-4961)	Rainier Beach (386-1944)
Medgar Evers Pool near Garfield CC (684-4766)	Southwest Pool in West Seattle (684-7440)
Madison Pool in Bitter Lake (684-4979)	Coleman Pool in West Seattle (684-7494)
Meadowbrook Pool off Lake City Way (684-4989)	Mounger Pool in Magnolia (684-4708)

WHAT TO BRING

- Photo identification
- \$3 to get into the pool
- Long pants and a long sleeved shirt—you will do your float test with your clothes on!
 - Avoid bringing jeans or sweat pants, as these get heavier when wet. Fleece or leggings work great!
- Change of clothes

Please submit your completed and signed Float Test to Rachel or Hannah prior to attending an O2 aquatic trip.



ORION EXPEDITIONS, INC.
RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

(a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles

operated by other persons;

(b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including,

among others, collisions with equipment, other persons, rocks, boulders or trees;

(c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;

(d) Failure on my part or on the part of other guests to comply with any Orion instruction;

(e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;

(f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;

(g) Failure of equipment, whether owned by me, or provided by or rented from Orion;

(h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;

(i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or

(j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of,

or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR

PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs:

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____

Print name: _____

If under 18, signature of parent or guardian: _____

Print name: _____

Address: _____

Phone: _____ Date: _____

River: Wenatchee River

Witness: _____

(Print Name) _____

Washington Trails Association
PARENT/GUARDIAN LIABILITY RELEASE
For Participants Under Age 18
To Be Read and Signed by Parent/Guardian

BY SIGNING THIS FORM I AM RELEASING WASHINGTON TRAILS ASSOCIATION FROM ANY AND ALL LIABILITY IN THE EVENT MY CHILD IS INJURED, DAMAGED OR KILLED WHILE PARTICIPATING IN THIS PROJECT OR EVENT SPONSORED BY WASHINGTON TRAILS ASSOCIATION. I UNDERSTAND THAT I COULD HAVE THIS RELEASE REVIEWED BY A LAWYER OF MY CHOICE.

Understanding the foregoing paragraph, I wish for my child to participate in this project sponsored by Washington Trails Association (WTA). I am aware that events and projects sponsored by WTA may involve hiking, backpacking, camping, trail games and other activities (including but not limited to running, jumping, light contact sports); construction and maintenance of trails and recreation facilities, and that participating in or observing these events or projects poses certain dangers, including, but not limited to, the hazards of traveling in and hiking in wilderness and steep mountainous terrain; using hand or motorized construction tools (and of hiking and working in the proximity of such tools when used by others); injury or illness in remote places without medical aid; lifting and working on often narrow and precipitous trails; and unforeseen events caused by the forces of nature. In consideration for permitting my child to participate in projects sponsored by WTA, I, for my family, my estate, and myself, hereby waive any right of recovery and claims of liability against WTA, its officers, employees and agents, including claims for bodily injury, death, personal injury and/or damage to property, and release WTA, its officers, employees and agents from any claims made by others for personal injury or property damage allegedly caused by me. Further, I will hold WTA harmless from any loss or damages resulting from the foregoing waiver and release. This Release and Indemnity Agreement is a contract, not a mere recital and thus it shall remain in effect for all projects sponsored by WTA in which my child participates. I also give permission for my child to be photographed / filmed and have his or her image used by WTA and their partner agencies, without royalty or compensation.

As Parent/Guardian, I am signing on behalf of a minor, I further agree to HOLD HARMLESS AND INDEMNIFY Washington Trails Association and its members from all liability, claims and causes of action which the minor may have arising from the minor's participation in activities. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representative, and for all members of my family, including any minors.



ASSUMPTION OF RISK, RELEASE OF LIABILITY, AND INDEMNIFICATION OF CLAIMS

As the parent or guardian of the minor identified above ("My Child"), and in consideration of My Child's opportunity to serve as a King County volunteer ("the Service"), **I hereby agree to personally assume all risks for any harm, injury or damage that may occur to My Child in connection with the Service**, regardless of whether such risks, harm, injury, or damage were foreseen or unforeseen. **I accept full responsibility for the cost to treat any injury suffered by My Child in connection with the Service.**

I hereby exempt and release King County from all liability whatsoever for personal injury, property loss or damage, or wrongful death, caused by negligence in connection with the Service. On behalf of myself, my successors in interest, heirs, and assigns, **I agree that King County shall not be held liable to me in any way for any occurrence arising out of or related to the Service that may result in injury,**

death, or other injuries or damages to My Child. I agree to protect, defend, indemnify and save harmless King County, its officers, officials, employees and agents, from any and all claims, demands, suits, penalties, losses, damages, judgments or costs of any kind whatsoever, arising out of or in any way resulting from the Service, except for such acts or omissions as may constitute gross negligence by King County.

I HAVE READ AND AGREE TO ABIDE BY THE WTA LIABILITY RELEASE AND THE KING COUNTY PARKS ASSUMPTION OF RISK, RELEASE OF LIABILITY, AND INDEMNIFICATION OF CLAIMS AND AGREE I HAD THE OPPORTUNITY TO MAKE CHANGES OR SUGGEST CHANGES TO THIS AGREEMENT, BUT I MADE NO ATTEMPT TO ALTER OR CHANGE THE WORDING.

Parents or legal guardians must sign for all persons under eighteen (18) years of age.

Participant Name: _____

Parent /Guardian Name: _____

Parent /Guardian Signature: _____ Date: _____

In case of emergency, please contact:

Name: _____ Relationship: _____

Phone- Day: _____ Evening: _____



EARTHCORPS YOUTH VOLUNTEER WAIVER

If you are under 18 you must fill out and sign this release form with your parent or guardian. Youth under the age of 14 must be accompanied by a parent, guardian, or responsible adult. **Minors without signed release forms will not be permitted to participate in any activities.**

Youth Volunteer Agreement

I volunteer my services to this environmental restoration project with EarthCorps. These services are performed by my own free choice. I agree to fulfill my volunteer responsibilities to the best of my ability and to abide by the safety and work standards established by EarthCorps. I understand that if I do not follow these guidelines my participation in the program may be ended. I understand that there are some risks of physical injury involved in my volunteer assignment and I will study, understand and avoid any and all dangers. I will NOT accept any work assignment I feel I am not qualified or prepared for.

Youth Volunteer Signature _____ **Date** _____

Parent/Guardian Permission

Waiver

I understand that adult supervisors trained in first aid and safe work procedures will accompany my child on all projects and activities. I also understand that each project or activity, as well as transportation to and from the activity, will involve the normal level of risk associated with such a project or activity and I hereby release EarthCorps, and any of their partners, officers, agents, and employees from all claims and liabilities of any nature arising out of my child/ward's participation in any aspect of the volunteer program. In the event my child/ward is photographed or videotaped while participating in an EarthCorps project, the photo or videotape may be used by EarthCorps or any of its partners or sponsoring agencies.

Medical Care Authorization

I will attest that my child/ward named below is in good health on the dates he/she is volunteering. In case of medical emergency, after every reasonable effort has been made to contact me, the family physician, or relatives or friends named below, I hereby give my permission to the physician secured by the adult in charge of the volunteer activities to hospitalize, secure treatment for and to order injection, anesthesia or surgery for my child/ward. In the event any such treatment is not covered by insurance applicable to the activities, I will pay the expenses incurred in such emergency treatment.

Parents'/Guardians' Responsibility

I will take the responsibility to see that my child/ward is properly prepared for all activities including: having the proper clothing and equipment, and being in good health. I will inform the supervising adults of any particular physical, mental, social or other condition of my child/ward of which the supervisor should be aware.

Youth Name: _____

Address: _____

Emergency Contact Person: _____ Phone: _____ Relationship: _____

Known allergies (bees, food, environmental), physical limitations, and/or behavioral concerns we should know about: _____

☐ **YES!** The undersigned give permission for the youth participant to be photographed and/or filmed and have their image used by EarthCorps or partners organizations involved with the community project

I have read, understand and agree to the above statements:

Parent/Guardian Name: _____

Parent/Guardian Signature _____ **Date:** _____

Revised: 3/15/2016



STUDENT NAME _____ **GROUP'S NAME:** _____ **PROGRAM DATE:** _____**PART I: ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT**
PLEASE READ BEFORE SIGNING

Dear Participant (and Parent/Guardian if under 18):

You are going to join us in a WSU 4-H Challenge Course and Seattle Parks and Recreation's experience at Camp Long. All participants must have a copy of this form signed by themselves (if an adult) or by their parent or guardian (if a minor) as a condition of participation.

Below is an outline describing the responsibilities of any consenting participant:

1. All participants are advised that there will be some strenuous physical activity involved. Some activities will involve more risk than one engages during normal daily routines, i.e., hiking, climbing, and rappelling. Each individual must be informed of the risk involved and the skills necessary to safely complete the activity. The decision whether to engage in any particular activity that forms part of the Challenge Course Program shall be entirely the participant's. Participation in the Program in no way obligates anyone to engage in any activity they do not feel they can accomplish.
2. I understand and acknowledge the types of risks to which I am subjecting myself or my child/ward by allowing him/her to engage in the challenge activities at Camp Long. Possible risks include: injuries from any manner of fall while at the facility; injuries from contact or entanglement with any rope, other instruments or materials used in challenge activities. I understand that the aforementioned possible risks are not all-inclusive and that myself or my child/ward could be injured in some way not listed above. In order to minimize the possibility that injuries may occur, I or my child/ward will obey the directions of the leaders and will follow all safety rules.
3. I agree to comply with all stated customary terms and conditions for participation in the Challenge Course Program. [NOTE: Parents or guardians cannot agree to this on behalf of their minor children. The minor child must sign this document himself or herself]. I, and/or my minor child, recognize and acknowledge that if I or he/she experience any unusual concerns regarding participating in any aspect of the Challenge Course Program, I or he/she is free at any time to cease participation in the Program. In such a case, the appropriate group leader(s) should be notified immediately.
4. I understand that I may report any prescription medication which I may take under medical supervision, and any existing medical, physical or mental condition which may affect my ability, or the ability of my minor child, to participate in Challenge Course activities, to the group leader before the outing commences. I also understand and agree that no use of alcohol, tobacco or drugs (aside from prescription medications described in the previous sentence) is permitted on any Challenge Course Program.

Below are outlined the assumption of risk and release of liability to which I will agree:

1. On behalf of my minor child, (or on my own behalf, if an Adult Participant), I expressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death, that participation in the Challenge Course and Programs entails. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials or other representatives of the Seattle Parks and Recreation WSU 4-H Challenge Programs, in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known and unknown, even if arising from the negligence of Seattle Parks and Recreation, WSU or any employee, officer, volunteer or agent of aforementioned entities. I accordingly assume full and sole responsibility for my (or my minor child's) participation in the Challenge Course Programs.
2. On behalf of myself, I hereby release and forever discharge Washington State University, its 4-H Program, the Challenge Course Program, the City of Seattle, Seattle Parks and Recreation, and all of the employees, officers, volunteers or agents of those entities, including as well any third party sponsors of Challenge Course and activities, lessors of premises used to

1/31/12

Camp Long WSU 4H Challenge Course
Consent and Medical Forms

conduct Challenge Course events, other participating or sponsoring agencies for the Program, and all others associated with producing and administering the Challenge Course and Programs, from and against any and all liability, including but not limited to damage to property, personal injury, disability or death, resulting from my or my minor child's involvement in any aspect of the Challenge Course and Programs. This release applies whether the alleged injuries or damages arise from the negligence of any of the parties released in the previous sentence or not, to the fullest extent allowed by law.

3. To the fullest extent allowed by law, I, for myself and/or my minor child, and for any of our respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify and hold harmless all the parties released in Article 2 hereof from and against any and all liabilities arising from my and/or my minor child's participation in the Challenge Course Programs. This undertaking to provide indemnity shall apply, to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from their own negligence.

I HAVE READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT. I FULLY UNDERSTAND ITS TERMS, AND THAT BY MY SIGNATURE I GIVE UP CERTAIN RIGHTS I MIGHT OTHERWISE HAVE UNDER LAW. I SIGN THIS DOCUMENT FREELY AND VOLUNTARILY, WITHOUT ANY INDUCEMENT.

I, _____ (parent/guardian or Adult Participant) hereby consent to allow _____ (minor child) to participate in the Camp Long WSU 4-H Challenge Course Program, under the terms as set forth in this Assumption of Risk, Release of Liability and Consent Agreement. The WSU 4-H Challenge Course Program for which this consent is given is scheduled to occur on _____.

Signature of Participant (if under 18, parent/guardian must also sign below)

Date

Signature of Parent/Legal Guardian

Date

Notice to Parents / Guardians of WSU Extension Outdoor Education and Challenge Program Evaluation

As a participant in the Challenge Program your son or daughter may be asked to help with the evaluation of the program. At the end of each program or program year, we conduct an evaluation to tell us how well the program is working. Your son or daughter may be asked to complete a written survey about what he or she may have learned from participating in the program. We estimate that it will take the youth participants approximately 10 minutes to complete the survey.

Youths are not required to participate in the evaluation. Even if given parental permission, he or she may choose not to take the survey, or to stop taking the survey at any time after beginning. If your son or daughter decides that he or she does not wish to participate, it will not affect his or her participation in this or future WSU Extension programs. If your son or daughter does not want to answer some questions on the survey, that is okay. The survey responses will be confidential, and your son's or daughter's identifying information will be removed from the survey prior to data entry, analysis or reporting.

If you do not want your son or daughter to participate in the evaluation of Challenge Program, please contact Sheila Brown at (206) 684-7415 before your child begins attending the program.

1/31/12

Group's name: _____ Program date: _____

Image and Voice Recordings Consent Form

I, _____, and my parent or guardian (as appropriate), hereby grant permission to Washington State University (WSU), Seattle Parks and Recreation and its partners to be photographed or otherwise have images or voice recordings made (including but not limited to digital photographs, video or digital moving images and/or voice recordings), for publication or promotional purposes in any medium (including but not limited to print media, newspaper, television, video, motion picture, or Web site on the Internet)

I additionally consent to the use of my name and/or interview comments in connection with WSU or Seattle Parks and Recreation publication or promotional purposes in print media, newspaper, television, video, motion picture, or Web site on the Internet.

I understand that consent to use of my likeness or voice recordings is not a condition of participating in any WSU Extension or Seattle Parks and Recreation program and that consent can be refused without any impact on my ability to fully participate in the program.

No inducements or promises beyond our acceptance of an opportunity to promote WSU and its programs have been given to the persons signing below.

Any other use of images and/or recordings, my name, and/or interview comments requires advance permission.

I understand that I can revoke this consent at any time upon notice to WSU or Seattle Parks and Recreation, at which time either or both of us will sign a copy of the denial (below) for use of images or voice recordings.

I agree to use of digital images or voice recordings as set forth above:

Signature of Parent/Guardian (for participant less than 18 years of age) Date

Signature of Participant

Date

I do not agree to use of digital images or voice recordings as set forth above:

Signature of Parent/Guardian (for participant less than 18 years of age) Date

Signature of Participant

Date

1/31/12

**Camp Long WSU 4H Challenge Course
Consent and Medical Forms**



GROUP'S NAME: _____ **PROGRAM DATE:** _____

PART II: Medical History/Treatment

Name: _____ Birth Date: _____ Gender: _____
Address: _____ City: _____ State: _____ Zip: _____

MEDICAL HISTORY

YES NO

- ☐ 1. Do you have any physical complaints or chronic illness at this time?
If yes, what? _____
- ☐ 2. Have you had injuries in the past(i.e., back, knee, shoulder, elbow, etc.)?
If yes, what? _____
- ☐ 3. Are you under the care of a physician or practitioner of any sort?
If yes, why? _____
- ☐ 4. Are you taking medicines of any type?
If yes, what and dosage? _____
- ☐ 5. Are you on a special diet?
If yes, what kind? _____
- ☐ 6. Do you have or have you ever had:
 - ☐ a) Diabetes? _____ If yes, are you taking insulin? How much? _____
 - ☐ b) Asthma? _____
 - ☐ c) Allergy? _____
 - ☐ d) Are you allergic to bee stings? Type of reaction: _____
*If yes, please bring medication with you & inform the Challenge Facilitator.
 - ☐ e) Seizures? _____
 - ☐ f) Any other medical information? _____

Name of Physician: _____ Phone: _____

Medical Insurance Carrier: _____ Group & ID#: _____

Emergency Contact: _____ Relation: _____ Phone: _____

I approve of emergency care for myself / my daughter/ son under the direction of the event leader or consulting doctor, if I am unable to make my wishes known. (Cross out the last statement if you do not wish to grant medical consent). I have read, understand and agree to the above listed statement and do sign this agreement of my own free will. I hereby release 4-H, Seattle Parks and Recreation, its employees and volunteers from any and all liability with relationship to the above mentioned person's participation in 4-H Challenge Programming. This release includes the transportation to and from the site of the activities as well as the activities themselves.

Signature of Participant (if under 18, parent/guardian must also sign below)

Date

Signature of Parent/Legal Guardian

Date

1/31/12